

ShipShape - Weight Management Program

Ship Shape is an eight session action-oriented weight management program that reflects the current state of knowledge on weight loss. The program presents a healthy and permanent approach to weight loss and is designed for all adults who are overweight. It is specifically designed to assist active duty members in meeting DON body composition standards.

However, it is also an appropriate intervention for family members who exceed healthy body weight or have weight-related health problems. The program provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight.

Both Active Duty Personnel interested in participating in the Ship Shape Program and those who are enrolled in the Fitness Enhancement are welcome to participate. The CFL is responsible for tracking attendance of command-referred personnel through PRIMIS.

Weight control is difficult for many individuals. This program will provide those who attend with the best available tools in order to be successful. Attendance to all sessions is required to enable receive certificate of completion. Ship Shape class session attendance are considered as medical appointment.

Topics covered:

Orientation to Healthy eating Habits

Healthy Eating vs. Fad Diets

Reading Food Labels

Role of Exercise

Stress Management

Healthy food selection

For more information regarding the Ship Shape program, contact the Primary Care Clinic 817-782-5909.